

The Chicago Tribune's "Julie's Health Club" blog mentions a couple of Tri Foxes in its June 23rd entry. The discussion is about whether or not kids should run marathons. That got us thinking about some of our younger members of the triathlon club, and we decided to spotlight Dan Anderson, who is mentioned in that article.

http://featuresblogs.chicagotribune.com/features_julieshealthclub/

Dan, 15, has been a member of the Fox Cities Triathlon Club for about three years, and participated in his first tri when he was 13. His first event was the Winneconne short course, which he completed in under an hour. And according to Dan he has participated in 30-40 events since then, including this year's Green Bay marathon and the High Cliff Half Iron triathlon.



Dan says High Cliff is his favorite event. "This was the second year I did it, and it was awesome. So many Tri Foxes out on the course that are always asking how you are doing and always supporting you."

This year, Dan completed the Half Iron distance at High Cliff. Although he says the water was a little choppy and the bike was long and HOT, he was happy to finish and was satisfied with his time. Not even a nasty sunburn could take anything away from

the enjoyment of his day.

Competing at a young age does give Dan one advantage over many of his older competitors when it comes to finding time to train. “For me, training is not a problem. I’m still in school, so during the summer I have nothing to do. During the school year, I have cross country and possibly track this next year.”

Dan enjoys biking the most of the three sports. “There has always been a passion there and I find it as a time to relax and have a good time, even if I am pushing hard.” And even though he says he loves doing all three, running ranks as his least favorite. “Even though I ran a marathon, running just doesn’t satisfy me as much as swimming and biking do.”

With such a strong start to his triathlete career, I think we can expect many more great accomplishments in the years to come from.